

B1 Sports and leisure (READING)

1**1** joined, **2** distracted, **3** advantages, **4** on average, **5** participants**2****1** them, **2** it, **3** one, **4** we, **5** he, **6** it**3**

Adding information	in addition, additionally, as well as, furthermore
Contrasting ideas	although, but, even though, however, instead, despite, on the other hand
Time	after, as soon as, before, during, since, then, until, when
Relative pronouns	who, where, (when)
Giving reasons	because, (since), therefore

4**1** since, **2** Therefore, **3** Before, **4** However, **5** As well as**5****1** the boy, **2** natural talent, **3** very easily, **4** resulted in, **5** the people**6**

0 D is correct because it shows the contrast between Billy's life as a very young child when he spent a long time in hospital and had to be carefully monitored and now as a teenager and a successful sailor.

1 I, **2** B, **3** F, **4** H, **5** G, **6** C, **7** K, **8** A; not used: E, J

B1 School and education (READING)

1

1 how teachers feel about the changes that are going to take place in education

2

Answers will vary – possible answers:

1 Teachers in kindergarten school will teach young children how to use computers/technology.

2 Is going to university to get a degree a good idea?

3 More money will be given to state schools, but does this mean the standard of teaching will improve?

4 In the past, students used to leave school with many more qualifications than they do now.

5 Extra-curricular activities like sports and drama are very important for students' mental health and make them feel better about themselves.

3 a B: *The teachers I've met so far seem pretty easy-going – not as strict about stuff as the teachers in my last school. A welcome change!*

3b A is wrong because the writer just mentions that lessons at her new school start earlier than they did at her old school, but she doesn't say that she feels very tired: *Well, apart from the early starts that is – lessons begin at 8, so on school days I now have to get up at 6.30!*

C is wrong because she has already met her form teacher and seems to like him: *I met my form teacher too and he seems to treat his students really well.*

D is wrong because she says she hopes that in the future she will make friends with her classmates and that she thinks they're cool: *My new classmates seem like an awesome bunch, and hopefully I'll soon have some good friends.*

4 C is correct. The text says that *he wishes he hadn't caused so many problems, which means the same as* he regrets what he did or is sorry for what he did.

A is wrong because although the text says Jack was a very naughty student (he caused problems), it doesn't say that Jack enjoyed being like this.

B is wrong because although the text mentions Jack's parents, it doesn't say how they felt about their son's behaviour.

D is wrong because although the text mentions that Jack's teachers gave him many punishments, and we expect them to feel fed up with him, it doesn't actually say how they feel about his behaviour.

5

0 A is wrong because although Mioie says she was curious about what life would be like so far away from her home in Hong Kong, she doesn't say she feels anxious about this.

0 B is correct because Mioie says that when she was offered her place at the school, she felt *overwhelmed with excitement, which means the same as* feeling very happy or delighted.

0 C is wrong because although Mioie mentions her move to England from Hong Kong, she doesn't say anything about her level of English or any other language.

0 D is wrong because although Mioie says she had seen programmes that showed life in boarding school was 'scary' or 'painful', she doesn't say that she was worried about going to one or feeling lonely.

1 C, 2 D, 3 A, 4 C, 5 A, 6 B, 7 A

B1 Nutrition and health (READING)

1

2 how Raj's interest in food has developed

2

1 chose, 2 continue, 3 necessary, 4 obvious, 5 a restaurant

3

1 it, 2 me, 3 their, 4 they're, 5 you

4

1 Even though, 2 Instead of, 3 because, 4 However, 5 Therefore

5

1 before, 2 At first, 3 eventually, 4 earlier, 5 soon; not used: during, last of all

6

1 to be obsessed with something + **d** to think a lot about something

2 to get through something + **c** to finish something

3 to focus on something + **a** to give attention to something

4 to check something out + **e** to get information about something

5 to take pride in something + **b** to have a good feeling about something

7

a how the PT plans the workouts + paragraph 5

b the PT's personal life + paragraph 7

c the first part of the PT's day + paragraph 1

d one of the PT's food preferences + paragraph 3

8

D is correct because this phrase refers back to her clients, who come to the gym early in the morning to train before they go to work. The text says that these clients *need to rush off to work immediately after their sessions*. The effect of that is that they need to use the time during the training sessions very carefully and not run late.

1 H, 2 K, 3 C, 4 F, 5 I, 6 E, 7 B, 8 J; not used: A, G

B1 Communication and relationships (READING)

1

3 why people don't speak to each other as much as they used to in the past

2 Answers will vary – possible answers:

- 1 Some people think that emojis are fun to use, but others say that people who use them are just lazy because they don't want to write a proper reply to a message.
- 2 What body language such as facial expressions and some hand gestures actually means.
- 3 Adults in the UK are more antisocial now than they were in the past – and the reasons for this, e.g. technology.
- 4 Are smartphones a good thing or a bad thing? – The advantages and disadvantages of smartphones
- 5 Adults are now using emojis in their text messages more than in the past and understand that they are fun to use.

3 Answers may vary, but could be: 1 N, 2 N, 3 S, 4 S, 5 F

4 a

D

4 b

Reid said he wasn't going, but he lied. He was the first person I saw when I got there. I couldn't believe it.

4 c

A is wrong because Matt didn't want to talk to Reid. And he didn't talk to him. He ended their relationship and he has nothing to say to him (*I ignored him*).

B is wrong because although Matt mentions that Reid was talking to a girl, he doesn't say that he felt jealous about this. Also, he ended their relationship, so he doesn't want to be with him (... *when that new girl from year 10 was chatting to him*).

C is wrong because Matt says that Reid did look at him. He looked at Matt a lot. (*He spent the whole evening staring at me ...*).

5

A is wrong because Matt doesn't say anything about his friends' ideas about him and Reid being together. His friends' opinion isn't mentioned.

B is wrong because the opposite is true – Reid has been telling Matt's friends lies about him. (*Since I broke up with him last week, he's been making up stories about me and telling all my friends.*)

C is wrong because Matt doesn't say anything about his friends speaking to Reid. He does mention that Reid called him after the party but he didn't speak to him. (*He called me after the party but I hung up.*)

D is correct because Matt explains that although Reid told his friends some stories about him, they didn't listen to him or take his stories seriously. (*Luckily they listen to me and not him!*)

6

1 a, 2 b, 3 a, 4 b, 5 b

7

0 A is wrong because the writer says that teens use their phones even while they are studying.

0 B is correct because the writer says that teens use their phones a lot during the time they finish school and bedtime, and this is the same as the time they are not in class.

0 C is wrong because the writer gives a list of things teens do on their phones but doesn't say anything about doing research for schoolwork.

0 D is wrong because the writer doesn't say anything about teens' use of phones while they are at school – just how and when they use their phones *after* school.

1 A, 2 C, 3 A, 4 B, 5 C, 6 D

B1 Rules, laws and regulations (READING)

1

1 MI, 2 SD, 3 MI, 4 SD, 5 MI, 6 SD, 7 SD, 8 MI

2

1 + 7, 3 + 6, 5 + 2, 8 + 4

3

1 + d, 2 + a, 3 + e, 4 + b, 5 + c

4

1 plagiarism, 2 doubt, 3 excused, 4 claims that, 5 prohibited, 6 get away with; not used: pressure, to provide sth.

5

1 a, 2 a, 3 b, 4 a, 5 b

6

0 T: While every parent has. This sentence explains that 'nationality plays such an important role in how children are raised', which means the same thing as the country that a child comes from (her/his nationality) affects (plays a role) in how she/he is brought up (is raised). The sentence in the text is an exact paraphrase of the sentence in the example.

1 T: In fact, our research

2 F: This makes them the

3 T: Educating children on the

4 T: Only 1% of Portuguese

5 F: Despite these differences, nearly

6 F: While half of parents

7 F: This is in contrast

B1 Transport and tourism (READING)

1

topic of **paragraph 1**: the journey from Hong Kong to New York / problems during the journey to New York; topic of **paragraph 2**: New York / the first day in New York

2**1** At the moment, Yi is in the city of**2** Yi had to wait at the airport for**3** When she was getting on the plane, Yi learned that there was a problem with her**4** During the flight, Yi was annoyed by**5** Today, Yi's going on**3****1** ... we're finally in New York.**2** The queues at the airport were awful, and then our flight was delayed by over three hours.**3** ... when we were boarding, one of the flight attendants told me my carry-on luggage was too big to take on board, so I wasn't allowed to take it with me.**4** We were sitting near a couple of kids who argued for the whole flight, so I couldn't sleep!**5** Mum's booked us on a guided tour later this afternoon, so I'll send you some photos later.**4****1** New York**2** over/more than three hours**3** carry-on luggage**4** a couple of/some kids**5** a guided tour**5****a** a new way of travelling for Demani + paragraph **3****b** how Demani's family got information + paragraph **6****c** a personal change Demani experienced + paragraph **2****d** an improved family life + paragraph **7****e** Demani's way of learning about ancient history + paragraph **5****f** Demani's appreciation of local dishes + paragraph **4****6 a****1** to be into something + **b** to have an interest in something**2** to hit the road + **c** to depart on a journey/trip**3** to get someone wrong + **a** to not correctly understand what someone says**4** to check something out + **e** to go and see something for yourself**5** to make it + **d** to succeed at doing something (difficult)**6 b****1** got Sam wrong, **2** to hit the road, **3** to check it out, **4** to make it, **5** is into travelling**7****1** F, **2** F, **3** T, **4** T, **5** T

8

0 travelled round the world: The writer/Demani says in the first paragraph that *when I'd just turned 13, we travelled round the world. when I'd just turned 13* means he had just become a teenager and the *we* in the sentence refers to the writer/Demani and his family.

Answers will vary, but should have the same meaning as below:

1 a bit more spontaneous; **2** a means of transport; **3** learned to cook; **4** regular school education;
5 they were visiting; **6** help out more; **7** gears on a car

B1 Sports and leisure (LISTENING)

1

The following pictures should be ticked: A, C, D, E, F, G, I

2

Answers will vary – possible answers:

A: tennis court, outside, racket(s); **B:** maths, school, study; **C:** video games console, gamer, online;
D: mud, obstacle course, tracksuit; **E:** dancing, couple, competition; **F:** rock climbing, protective gear, danger; **G:** pottery, clay, wheel; **H:** waiter, job, restaurant; **I:** chess, board game, two players

3 Answers will vary – possible answers:

2 My coach and I have been working together for four years.

3 I did quite badly in my first swimming competition and that made me feel bad.

4 I've met new people because of my swimming competitions, and we've become mates.

5 In four weeks' time, I'm going to swim against people from all over the country.

6 I feel confident about winning my next swimming race.

7 I always get a good night's sleep before a swimming race.

4

1, 2, 4, 5, 7

5

3: He says he 'came top' in his first race, which means he won it.

6: He says he's not sure he'll 'be able to get a medal' because there will be swimmers 'from all over the country' taking part in the next competition.

6

0 F: Olivia says she does her leisure activity (pottery) every week when she has a 'couple of spare hours' and that she 'enjoys' doing it.

1 D; 2/3 B/J; 4/5 H/E; 6/7 I/C; not used: A, G

B1 School and education (LISTENING)

1

1 The rule Ahmed dislikes most in his new school is

2 Lucy does extracurricular activities because she wants to

3 Igor recently got into trouble with his teacher for

4 Katerina believes it's important for students to have access to

5 Martin decided to attend a vocational school because he

2 Answers will vary – possible answers: (articles), the 'to' of an infinitive verb, prepositions

3

Answers will vary – possible answers:

1 that students are not allowed to bring mobile phones to school

2 they help her with some lessons

3 cheating in an exam

4 computers and books

5 wanted to learn some practical skills

4 A – Ahmed hates that he has to be at school well before his first class (at least 15 minutes).

5 A – 2, B – 4, C – 3, D – 1

6 D – Lucy has learned how to manage her time and organise herself.

7 A – 3, B – 1, C – 2, D – 4

8

Option A is wrong because Lucy hasn't applied to any universities yet; she's only 15 years old now.

Option B is wrong because Lucy doesn't say anything about making new friends. She says she asked her friends to join the journalism club; and it's fun doing the club with them.

Option C is wrong because Lucy says she was always self-confident, she says she's never been afraid to say what she thinks.

9

0 D: Harry says that Bobby was bullied at his last school and that they 'didn't want him to experience this again', so they decided that homeschooling was best for him.

Option A is wrong because Harry says the 'closest he's ever come to teaching was to help his sister prepare for her French exam years ago', which means he has no experience of teaching.

Option B is wrong because Harry doesn't actually mention anything about the distance between their home and schools in their area, he just says that there's a primary school in their town, which suggests that it isn't far away.

Option C is wrong because although Harry says there is a primary school in the town they've moved to, he doesn't make any comment about the quality of education in this school.

1 D, 2 A, 3 B, 4 C, 5 B, 6 A

B1 Nutrition and health (LISTENING)

1**1** When Natalia learned she was going to university, she felt**2** Correct**3** Correct**4** Natalia started going to the gym because she wanted to**5** Correct**6** Natalia goes shopping every day to buy**7** Correct**8** Natalia explains that she'll soon be able to go shopping in**9** Correct**10** Natalia has recently decided to cut down on**2** Answers will vary – possible answers:

a eating processed food: 2, 3, 5, 7, 10	j organic food: 2, 3, 5, 6, 7, 9
b a vegan diet: 2, 5, 7, 9	k quite nervous: 1
c really disappointed: 1	l milk and bread: 3, 5, 6, 7, 9, 10
d nutrition: 2	m lose weight: 4
e gain muscle mass: 4	n going to ethnic food stores: 2, 3, 5, 7
f Polish cakes: 3, 5, 6, 7, 9, 10	o low-fat dairy products: 2, 3, 5, 6, 7, 9, 10
g fresh ingredients: 5, 6, 7, 9	p lectures: 2
h eating out: 2, 3, 5, 7	q canned food: 2, 3, 5, 6, 7, 9, 10
i alcohol: 2, 3, 5, 6, 7, 10	r a Polish supermarket: 5, 7, 8

3**1** quite nervous, **2** nutrition, **3** eating processed food, **4** gain muscle mass, **5** a vegan diet, **6** fresh ingredients, **7** going to ethnic food stores, **8** a Polish supermarket, **9** Polish cakes, **10** alcohol**4 a**According to the speaker, the main problem with food adverts on TV and social media is**A** the poor quality of the food images.**B** the settings in which people are eating the food.**C** the language that's used to persuade people to try the food.**D** the lack of information about the nutritional value of the food.**4 b**

Your own answers.

5 a

Your own answers.

5 b**1** + **B**, **2** + **C**, **3** + **A**, **4** + **D**

6 a

D: The food expert says that TV ads or commercials on social media don't tell us how bad the ingredients in pizza, for example, are for us and that half a pizza has a lot of calories. She also says that in TV adverts we are not given information about the amount of protein, sugar or salt in products.

6 b

Distractor **A**: The speaker actually says the opposite of this.

Distractor **B**: The speaker doesn't say anything about this.

Distractor **C**: The speaker doesn't say this is the main problem.

7

0 D: Dr Singh says that *as soon as* students arrive and settle into their new home, he recommends contacting the health centre near where they live and put their name down as a new patient.

1 B, **2** C, **3** A, **4** D, **5** B, **6** C

8 a

Your own answers

8 b

The speaker doesn't say anything about this: **0** A, **1** B, **1** C, **2** D, **3** D, **6** B, **6** D

The speaker actually says the opposite of this: **0** C, **2** B, **3** B, **4** A, **4** B **4** C, **5** D

The speaker doesn't say this is the main problem: **0** B

8 c

Your own answers.

B1 Communication and relationships (LISTENING)

1

The following expressions should NOT be ticked: reference, excerpt, curriculum

2

1 facial expression, **2** nickname, **3** meaningful, **4** make up, **5** face-to-face/in person, **6** body language

3

1 reached out (to me)/texted me, **2** hang up, **3** take into account, **4** respect her privacy/respect her choice(s), **5** gives me compliments

4

Statement **2** is correct.

5

Statement 1 is wrong because Sophia says they do video calls every night because it's not possible for them to see each other face-to-face every evening/night. She is busy studying for her course and her boyfriend goes to the gym four evenings a week.

Statement 3 is wrong because she says that although many couples text each other a lot, they don't like doing this.

6

1 He would never go out with somebody else.

3 He doesn't just think about himself.

6 He's attractive.

7

0 F: Angus says that Chris asked him not to tell anyone about his problems with his girlfriend and he agreed. He says, "I'd never repeat what he tells me to anyone."

1 D; **2/3** H/A; **4/5** E, B; **6/7** J/G; not used: C, I

B1 Rules, laws and regulations (LISTENING)

1

Statement 2 best matches the main idea of what the speaker says.

2

Option a is correct.

3

The following should be ticked:

1 The speaker doesn't actually say this, but says something similar. → Distractor **B**

3 The speaker doesn't say anything about this. → Distractor **C**

4

The following should be ticked:

1 the method of proving that a rule had been broken

3 the types of items that need to be recycled

4 the rate at which the number of regulations has increased

5

1 attitude, **2** banned, **3** Apparently, **4** knowingly, **5** excuses, **6** credit, **7** vote in, **8** pick up after

6

1 consent, **2** obliged, **3** limit, **4** prohibited, **5** tolerate, **6** plagiarism, **7** law, **8** crimes, **9** fraud,
10 pressure

7

0 B: Amy says that she has stepped in something disgusting on the sidewalk (pavement/footpath) outside Christos' house because a dog walker has not picked up after their dog. Amy and Christos discuss the new regulation that requires dog owners to clear up dog mess, but somebody has not done what they were supposed to do.

1 E, 2 A, 3 J, 4 F, 5 D, 6 I, 7 H; not used: C, G

B1 Transport and tourism (LISTENING)

1

Your own answers.

2

1 queue – Picture C, 2 ticket barrier – Picture D, 3 guided tour – Picture F, 4 conveyor belt – Picture E, 5 ferry – Picture A, 6 cyclists – Picture G, 7 seaside – Picture I; pictures not used: B, H

3

1 countryside, 2 staycation, 3 accommodation, 4 mishap, 5 throw them out/kick them out, 6 carriage, 7 delayed, 8 parlours/shops

4

Statement 3 best matches the main idea of what the speaker says.

5

The following details are mentioned: **d, e, g**

a is wrong because a figure for this is not mentioned.

b is wrong because no time frame is given.

c is wrong because no statistic is given.

f is wrong because no precise information about it is mentioned.

h is wrong because no time frame is mentioned.

6

0 B: Lukas says that he *initially experienced a bit of culture shock* because Istanbul is such a huge, crowded city and he comes from a small town in the Austrian countryside.

1 F, 2 J, 3 A, 4 E, 5 I, 6 D, 7 H